

**Winter Schedule - Effective January 26, 2024**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00 Gentle Yoga Flow Joseph	9:15 - 10:15 Nia Natasha	9:00 - 10:00 Gentle Yoga Shelley	9:00 - 10:00 Gentle Yoga Diane	9:00 - 10:00 Gentle Yoga <b>New!</b> Laura P	9:00 - 10:00 Gentle Yoga (V) Brian	9:00 - 10:00 Happy Hips Fitness (V) Dawn-Marie
9:30 - 10:30 Core & More Fit (V) Dawn-Marie	9:30 - 10:30 Gentle Yoga (V) Cathy	10:30 - 11:30 Fitness Fusion <b>New!</b> Shelley	9:30 - 10:30 Core & More Fit (V) Dawn-Marie	9:30 - 10:30 Yoga Flow 1-2 (V) <b>New!</b> Glenda	9:15 - 10:15 Yoga Flow 2-3 Julia	9:15 - 10:15 Yoga Flow 1-2 Diane
10:30 - 11:15 Guided Relaxation & Crystal Bowl Sound Bath Glenda	10:45 - 11:45 Pilates Fusion (V) Cathy	10:45 - 12:00 Restore & Align Yoga Michael	10:30 - 11:30 Nia <b>New Time!</b> Ann	10:30 - 11:30 <b>New Time!</b> Balance, Strength & Stretch Yoga Alison	10:30 - 11:30 Barrelates Mix (V) <b>New!</b> Anita	10:30 - 11:30 Yin Yoga (V) Diane
10:45 - 11:45 Gentle & Restorative (V) Dawn-Marie		12:00 - 1:00 Virtual/In-Studio Happy Hips Yoga <b>New!</b> Darlene		12:00 - 12:45 Zumba Gold Christine		
12:00 - 1:00 Chair Yoga Lisa	1:00 - 2:00 Gentle Yoga Flow <b>New!</b> Diane		1:00 - 2:15 Gentle Somatic Yoga Glenda	1:00 - 2:00 Yin Yoga Glenda	<p><b>Upcoming Workshops *</b> Beyond Yoga 30 Day Yoga Challenge Begins February 1st</p> <p><b>Rhythm &amp; Bliss with Julie</b> Tuesday, February 6 12:00 p.m. to 1:00 p.m.</p> <p><b>Kundalini 101 with Julia Long</b> Thursday, February 8 6:30 p.m. to 8:00 p.m.</p> <p><b>Restor-Ahh-tive Reset Crystal Bowls with Glenda</b> Tuesday, February 27 6:30 p.m. to 8:30 p.m.</p>	
5:30 - 6:30 Hatha Yoga Su	5:30 - 6:30 Yoga for Hips & Core Justine	5:30 - 6:30 Yogalates (V) Anita				
5:45 - 6:45 Gentle Yoga Ivana			6:00 - 7:00 Hatha Yoga Michael			
7:00 - 8:00 Flow & Let Go (V) Su	7:00 - 8:15 Yin & Meditation (V) Brian	7:00 - 8:00 Yin & Restorative <b>New!</b> Christina	7:30 - 8:30 Gentle Yoga with Nidra (V) Julia			
<p>Schedule Subject to Change. *Registration and separate fee may be required.</p>						